

2018-2019

Report 1

Please use Tab to go to the next (text) box.

permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
my e-mail address	<input checked="" type="checkbox"/> yes: naomi.westland@live.nl
faculty/college	humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Engelse taal en cultuur

destination city & country	Sweden, Stockholm
name university abroad	Stockholms universitet (Stockholm university)
start date	26 / 08 / 2018 (dd/mm/yyyy)
end date	18 / 01 / 2019 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	The exchange application process is always a lot of paperwork, but Stockholm university replies fast to your emails and provides all the information you need.
counselling & support at Utrecht University	The international office can really help you out if you need to know something. Just send them an email, and odds are they replay very soon, sometimes even on the same day. Utrecht University also hosts a predeparture meaning in which you can meet other students that go to the same destination, and in which you are informed about exchanges in general. Additionally, Utrecht university provides a lot of information by email as wel.
academic preparation	I did not need academic preparation before my exchange
language preparation	I did not need to do language preperation because all my courses were in English, but I did learn some Swedish before my exchange started. This is really recommended because Stockholm University also offers all exchange students free Swedish lessons, and if you already know some Swedish you can skip the big first lecture like course and you can go on to lessons in smallers classrooms. It is also useful to know some everyday Swedish, but not necessary because they all speak English.
finances	Sweden is pretty expensive, but housing from the university is not and you get the erasmus grant.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	

Everything is very well arranged at Stockholm university. If you have any problems, you are always free to email your teachers and they will respond quickly.
academic quality of education activities
The academic quality of Stockholm university is comparable to the academic quality of Utrecht University.
counselling & support at receiving university abroad
The teachers are very kind and they will always help you if you have questions.
transfer of credits
The "examencommissie" will take 6 weeks to approve your study programme, so do that quickly.

STUDENT LIFE
welcome & orientation programme
Stockholm university hosted an arrival day, so they picked all the international students up from the airport, and brought us to the main campus for free. This was extremely convenient. The welcome week was not that full with activities but there was enough to do. There are orientation markets and you can join all sorts of clubs, trips and activities there.
accommodation
I got accomodation from the university. This is all arranged very well; they have their own housing office. If you have a problem with your room, they will fix it for free. They offer cheap and more expensive rooms. Laundry is included as well. The student accomodations are really close to the main campus of the university as well.
leisure & culture
Stockholm is a very beautiful city which offers way too many places to visit in a few months. There is something to do for everyone. You can also travel through the country using the train network. The Swedish are stereotyped to be very quiet and polite, and in a sense this is true, but Stockholm is still a very lively city. The Swedish love to have "fika" , a get together where they drink coffee and eat pastries, which you should do as well.
suggestions/tips
Stockholm is an amazing city to go to. Everything is extremely well connected by bus, tube and trains. If you buy a 3-monthly public transport card, you can travel everywhere at any time within the city. Do not be scared off by stories about cold. Yes it is cold, but the snow is very beautiful and it did not drop below a few degrees below zero during my stay. It can get really cold in january and february. It will get really dark very soon (at 3 pm!) , so just lighten op your rooms. I felt very at home in Stockholm and would love to go back someday.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would really recommend everyone to go to Stockholm because it is a very beautiful city with a lot to do!
do you have any additional advice or comments?

Report 2

faculty/college	Faculty of Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural History of Modern Europe

destination city & country	Sweden, Stockholm
name university abroad	Stockholm University
start date	21 / 01 / 2019 (dd/mm/yyyy)
end date	14 / 06 / 2019 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	<p>The application process was a little difficult for me. As a premasterstudent who came from an 'HBO' I did not know how the application for an Erasmus worked. Because I was too late with the signing up, I could only choose from the left-over universities. My first choice wasn't Stockholm, but since there were not many options left I choose it. It took many, many emails with Utrecht and Stockholm to get my application done. Since I wasn't a regular university-student (because of my premaster), the application process was more difficult and I needed extra confirmations before attending.</p> <p>Overall it took me a lot of emails, a lot of rejections about courses or plans, and a lot of frustrations. But I would do the annoying application process all over again because the experience was so great.</p>
counselling & support at Utrecht University	<p>I felt like I did not get much support from Utrecht University. Being completely new to the university, it was hard for me to get how the Erasmus-system worked, who I should contact, what I could or could'nt do etcetera. I exchanged some emails with the International Office about getting help, but I barely got a respons or help out of it. I would have liked it if I got a more guidance in the process.</p>
academic preparation	<p>On my exchange I chose some courses that were not particularly in my field of study. I followed courses at the Department of Culture and Aesthetics, with a focus on Performance Studies and Art History. While I did not exactly have the perfect preparation for these courses academically, the courses were not hard. Most of the courses consisted of reading, discussing and presenting articles, things we overtly do at Utrecht University as well.</p>
language preparation	<p>I did not study or know any Swedish before coming (besides a little Duolingo I played on my phone for a couple of weeks). That is absolutely no problem. The Swedes are so good in English. They will notice immediately when you are not a native speaker, and will switch to English right away.</p>
finances	<p>Sweden is very expensive. My costs were a lot more than I expected. Rent is expensive, groceries are expensive, having Fika is expensive.... Some of my friends worked on their exchange, so that is possible in Stockholm. I didn't because I wanted all my time to enjoy Sweden. But moneywise it would have been nice to earn some</p>

money there. Studying abroad meant for me doing more 'fun stuff'. Going more often on a weekend away, having more often a drink in the city and spending more time with food and friends. This also increased my costs a lot.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed four courses at the department of Culture and Aesthetics. This was all very well organised by Stockholm University. You will not get all information beforehand, but learn along the way where you can find the articles you should read, how the online learning platform works, where the best study places are. It's just about trying.

Most of the courses I had were very interesting and were a nice adjustment to what I've already learned in Utrecht. The course I liked by far the most was called 'Performativity, body and gender on stage', given by dr. Dirk Gindt. He was by far the best teacher I have ever had! Such an inspiring, interesting and active course.

academic quality of education activities

The quality of education is very good in Stockholm. The courses are difficult, but not too much. I felt like it was a lot less work than in Utrecht. The articles you have to read and prepare are a lot less, which gives you more time to really absorb the material and to think about it.

It also gives you enough free time to explore the city and its surroundings.

counselling & support at receiving university abroad

Friendly and warm welcome. They will help you in anyway they can, if you send an email or drop by their office.

transfer of credits

The scale of credits is different. In Stockholm they work with a scale of A to F, instead of 1-10. But it is easily transferable.

STUDENT LIFE

welcome & orientation programme

The welcome in Stockholm is the best! At the airport (at my gate to be exact), someone was waiting for the international students on there planned 'Arrival Day'. A bus was arranged from the airport to the university, where there was a welcome fika and a place to pick up your keys. During this waiting at the airport for the bus, the busride to the uni and the welcome fika I met the friends who became closest to me during my erasmus period. Such a great welcome! So easy and so warm.

The orientation programme on the other hand was not that great. The orientation week was also my first week of lectures. Some welcome activities I missed, because I had my first lectures. That was too bad, cause some activities I really wanted to participate in.

accommodation

Accommodation in Stockholm is hard. I got a room through the University lottery at Lidingo, called 'Fjällis'. At first I did not like that I got this place that seemed far away and was expensive. I was afraid I would be lonely there. This was not the case at all. I have experienced Fjällis as the best accommodation the university had to offer. It is a 'small' building, some 80 international students live there. The rooms are very big, and have their own kitchen and bathroom. But even though I had everything for myself, I was not lonely. It is easy to make friends there.

Fjallis is located some 20 minutes away from the university by bike. I bought one myself and stored it in the bike room downstairs. The city is 30 minutes away by bike. Those distances are normal, the same amount of time when you will go by public transport.

Besides this, Fjallis is located in a really green area. There is a big forest as your back door, and the ocean is always near.

Stockholm University arranged this very well!

leisure & culture

For me surprisingly, the Swedes are so friendly and open. They will always help you or talk to you if you look like in need of help. They are very modest and calm people. I was surprised by how active they are: in winter a lot of people go (cross-country)skiing or walking and in the summer people are sailing or walking as well. Everybody (including me) loves to be outdoors and to spend free time in parks with friends.

In winter time this is ofcourse more hard. Because of the few hours of daylight you really have to adjust your rhythm. But I think this is why the Swedes appreciate spring and summer so so much, and want to make the most out of it.

suggestions/tips

Spend most of your time outdoors! The Swedish nature is great! There are a lot of national parks in the surroundings of Stockhom: Tyresta National Park, Björnö Naturreservat or the Stockholm Archipelago. There are a lot of busses or boats going to all those places from the center of Stockholm. You can go iceskating at Hellasgarden. Take the ferry to Grinda. Go rent a tiny house on Idöborg.

For me the best was the right to put your tent anywhere you like. You can take the boat to any island and put down your tent at the spot you think is the best.

I also went to Lapland. This was an amazing trip. The mountains surrounding the Abisko National Park are so beautifull in snow. And the sauna there: on the middle of a frozen lake, surrounded by mountains, and cooling of in the tiny fishing hole... one of the best experiences.

Tips for kayaking: Bjorno Naturreservat or Farnebofjardens (both with camping on little islands!)

At some places and parks in Stockholm, there are free 'stugas', free small cottages in which you can stay. I spent a night at a stuga in the Skuleskogens National park. Completely in the middle of nowhere, cooking your own meal, enjoying the sea, hills, snow and water...

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes definitely. It was a university of good educational quality, at a really great place and with a lot of friendly teachers and staff.

do you have any additional advice or comments?

Go for Stockholm!

2017-2018

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Dutch Language and Culture

destination city & country	Stockholm, Sweden
name university abroad	Stockholm University
start date	15 / 01 / 2018 (dd/mm/yyyy)
end date	03 / 06 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	<p>The first application date was on the 1st of November in 2016 I think. Then I had to apply for the internship. After I got the internship I applied at International Office and on the 25th of January 2017 I got the message that I could go on exchange to Stockholm University. Then I had to apply at the Stockholm University (to study there), at the Housing Office (for accommodation) and I had to apply for an Erasmus grant in Osiris. Most of them had multiple 'application steps', so it was a lot of paperwork. Since most of the papers had to be signed by me, Stockholm and Utrecht, it took a while to finish everything , but I filled in the papers as soon as possible so I managed to do everything way before the deadline.</p>
counselling & support at Utrecht University	<p>It was really good. International Office replied very fast whenever I had a question about the papers. I also got a lot of e-mails from International Office and Erasmus with reminders / explanations where to find all the documents and how/when to submit them, so everything was really clear and that helped me a lot.</p>
academic preparation	<p>I did my exchange in my third year of my BA Dutch Language and Culture. Because I already graduated my BA in Linguistics I was able to do my thesis for my BA Dutch in my second year, so I didn't had to write my thesis during my stay in Sweden (otherwise I would have done it in the first semester of my third year). I already finished my obligatory courses and my minor, so the courses I did in Sweden were my 'Vrije Ruimte'.</p>
language preparation	<p>I took three Swedish courses back home, so I was able to communicate with the Swedes as soon as I arrived, but most of the time I still replied in English instead of Swedish, because I didn't feel that confident about my speaking skills. Luckily I got more confidence to speak Swedish during my exchange. All the Swedes spoke English really well and all the international students spoke English too, so I used way more English than Swedish. Therefore I am really sure that I not only improved my Swedish; I also improved my English speaking skills. I wasn't that good in English when I was young and when I went to university I only learned to read academic articles in English, so I never really got fluent in 'daily life English'. Now it's no longer a problem for me.</p>
finances	<p>Because I always used to work a lot beside my studies I had saved some money for Sweden, but I also lend money from DUO in case if I needed it. I didn't spend that much money, so I didn't used the DUO money in the</p>

end, but it was nice to know that I had money if something would go wrong. If just kept an eye on how much I spent.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did two courses (Bilingualism in Society and Swedish for international students 4) and an internship at the Dutch department. I didn't had to sign in through an online platform as the normal Swedish students. I just wrote an e-mail to my supervisor and to the teachers of the courses and they signed me in, so I didn't had any troubles with it. I did that as soon as I got my T-number (a student number) to be sure that there would be a spot for me. It wasn't necessary for my courses because there was enough place, I could even do it one week before the course started, but for some courses it is.

Bilingualism in Society: we read articles and had lectures about language performing, linguistic landscape and bilingualism. We had to do a presentation about an article and write an essay about one of the topics that we talked about in class. It was two hours a week.

Swedish for international students 4: we had discussions, learned about grammar and we read novels, articles and newspapers. We had to do three presentations, two writing exercises and we ended with an oral exam and a written exam. It was 2,5 hours a week. Because I already knew some Swedish I was allowed to do level 4.

During my internship at the Dutch department I helped with some of the courses : I helped making powerpoints / exercises / exams, I corrected assignments, I was a language coordinator and I just helped wherever they needed me.

academic quality of education activities

The course Bilingualism in Society was different than I expected. In Utrecht we always have both lectures and seminars/discussiongroups, but this course only had lectures. Another difference is that in Holland, when we have a seminar, you prepare not only by reading an article but with preparing some questions about the article as well. Here we just had to read it and I think that's one of the reasons why the few discussions that we had weren't that good. The articles were really hard and if you just read it, you don't really get it and then it's just too hard to talk about it. I don't think the course wasn't good (because the articles and the lectures were really interesting), but I just think that I could have learned more if we had more discussions / prepared differently.

The Swedish course I did was really good. We had many discussions (speaking + hearing skills), had writing assignments (writing skills) and read articles and novells (reading skills) so we could developed our Swedish in all aspects. The class wasn't that big, so we were all involved, and that really helped as well. I learned a lot during the course.

counselling & support at receiving university abroad

The counselling/support was really good. Whenever I had a question I could send an e-mail and almost every time I got a reply on the same day/the day after. During my stay I didn't had that much questions, but during my preparation and during the final weeks, when I had to fill in a lot of papers, they helped me to fill in the papers correctly and to sign them. And if I had a non-study related question (about my room for example) I could also reach the right people very easy by e-mail or in real life, so it was really good arranged at Stockholm University.

transfer of credits

Bilingualism in Society: the course is 7,5 ECTS. They worked with the European A/F scale, so that can easily be changed into a 1/10 scale.

Swedish for international students 4: the course is 9 ECTS (level 1 is 4,5 ECTS and level 2 and 3 are 7,5 ECTS). They worked with passing/failing, so I don't really know how to change this into a 1/10 scale. I didn't know it

was 'graded' this way, so I messaged the Examination Committee about it and since they accepted the course I think they know how to deal with it.
Internship at the Dutch department: it's between 10-15 ECTS (depending on the hours I make). Doing an internship abroad is a course at my home university, so there will be no difficulties with transferring my credits or my grade, because it will be graded by Utrecht University.

STUDENT LIFE

welcome & orientation programme

I went to the Orientation Day of the University and to the Departments Welcome Fika. There I got a lot of information about the university. I also went to some activities organised by ESN Stockholm, SUS (Student Union Stockholm) and Stockholm University: campus tour, city tour, pubcrawles, dinners, etc. to learn about the Swedish life and meet people.

accommodation

I found an accommodation with the help of the Housing Office. I applied for it in October and one month later I heard that they could offer me a room. The room was furnished and I had my own bedroom. It was about 18m². Only the kitchen was shared with ten others. I lived at Lappis, so it was really close (10m walk) to university. I have to say that I was really lucky that I got my room through Housing Office and at Lappis.

leisure & culture

There were many activities at the university, on campus and in the city. I found out about them through friends, Facebook and posters at the university and in the city. I went to Lapland with Scanbalt Express and to some small islands and Uppsala by myself, but it was also possible to go on a trip to Riga, Tallinn, Helsinki, Copenhagen, Göteborg or Russia. I went to a few museums and to activities in the city (Kulturnatten, Stockholm Design Week, Stockholm Fashion Week, Free Stockholm Tour, etc.). By visiting other cities / museums / activities in the city you get to know Sweden really well.

suggestions/tips

I think it's really good to go to the welcome events, even though you don't have that much time or if you already know how Stockholm University works, because you will meet your new friends there.

Another tip: Become a member of different Facebook groups. If the Housing Office can't offer you a room, you have to find one yourself, which is very hard. On many Facebook groups (Lappis, Idun, Kungshamra) people are offering their rooms, so it's worth to try it there. People also sell stuff there, so it can be very nice if you are looking for something.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes. Like I said, everything is good arranged at Stockholm University and they all reply really fast whenever you have a question. That makes it easier to fill in all the forms before, during and after your stay compared to a university that isn't good arranged. I couldn't do that much courses because of my internship, but there were many interesting courses in Linguistics/Bilingualism.

The campus, city and country are very beautiful and there are a lot of things going on, so whatever you're interested in, there is always something that fits you. Because everyone in Sweden is able to speak English, you also don't have to struggle with learning a new language (although it's nice to learn some Swedish while you're here).

The prices are a little higher than in The Netherlands, but you get used to it and if you just keep an eye on your wallet, everything will be okay.
do you have any additional advice or comments?
No

2016-2017

Report 1

faculty/college	Humanities
level	Bachelor's
name study programme	History

destination city & country	Stockholm, Sweden
name university abroad	Stockholm University
start date	16/01/2017
end date	04/06/2017

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	
	Both universities, Utrecht as well as Stockholm, are well organised. Although you are required to fill in lots of documents, the instructions on how to do this correctly were clear and helpful.
counselling & support at Utrecht University	
	Very good. No complaints.
academic preparation	
	Very good. In general Dutch universities facilitate high quality education and studying abroad is often perceived to be easier than studying at one's home university. For me, this was definitely the case.
language preparation	
	Very good. Courses were taught in English. Your preparation is maybe depending on the amount of courses you followed in English before going on exchange.
finances	
	Good.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	Not very satisfying. Some of the courses were no longer available, which caused a gap in between my schedule. The courses I did follow were quite easy going. For instance, in the beginning of my semester, I only had one lecture a week. Sounds fun, but after a while it can be tiring to always organize your own structure. I would recommend students to make sure that the schedule is convenient for them, for example by having close

contact with their personal coordinator at the receiving university and discuss the courses they have choose in detail.
academic quality of education activities
Not very satisfying. Even though one of my courses was at master level, the academic level was not very challenging. They have less contact hours and expect you to do a lot of self-studying.
counselling & support at receiving university abroad
Very good. No complaints.
transfer of credits
I haven't received my transcript of records yet, but I bet this is not going to be a problem.

STUDENT LIFE
welcome & orientation programme
Very good. They introduce you into the several student associations and organize a week full of introduction activities.
accommodation
Very good. The university offered me a place to stay close to the campus (at Kungshamra). The housing office communicated all the information clear and on time. No complaints.
leisure & culture
Very nice. Stockholm is a beautiful city, with lots of nature, culture and friendly people.
suggestions/tips
Although it can cost a lot of energy, try to say yes to every opportunity in the first two weeks! It will help a lot with integrating in your new hometown.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, if only when it comes to the experience of living abroad and get to know other cultures, languages and people. Very valuable! I wouldn't recommend going to Stockholm for studying, however, since they do not have that much lectures and seminars. The education is much better at the Utrecht University. Don't get me wrong, the Stockholm University is of course still a Western/European university, so you will not be educated in crappy stuff - however, it is just not that challenging.
do you have any additional advice or comments?
Go for it. An exchange is valuable in developing your own interests and identity, as a student but maybe even more in general: as a human being!

Report 2

faculty/college	Universiteit Utrecht, Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Erasmus exchange, minor Media & Culture

destination city & country	Stockholm, Sweden
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name university abroad	Stockholm University
start date	22 / 08 / 2016 (dd/mm/yyyy)
end date	15 / 01 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
Application process was doable. To be honest, it was only more work than I thought it would take on the forehand. To me one of the reasons why it was more time was also that I couldn't take courses which were the same subject as I am doing in Utrecht, while it was in Stockholm another department. Still don't get the point why this was, because I think this is actually stupid and doesn't allow students to choose the subjects they prefer cause of some (to me non-reasonable) rules. But in the end I was happy with my choice and the fact that I got in for studying in Stockholm.
counselling & support at Utrecht University
There were enough presentations and days where you could ask questions. I think it was easy to get the information you needed, while the presentations afterwards were send to you by email or could be find online. Furthermore it was possible to have a talk with your responsible person at International Office. I also had talks with teachers to make decisions about which courses I should take in Stockholm.
academic preparation
Didn't need any..
language preparation
Didn't need any. All the courses I took in Sweden were international courses spoken in English. The way Swedish people speak English is good and I already knew on the forehand that lots of people in Sweden could speak English.
finances
While I knew Sweden was an expensive country and I also didn't want to use this money you could get instead of using your student travelling card, I had to really save some money on the forehand. Actually it meant that for me besides my Erasmus grant I wouldn't receive any money. In this way I already start saving money years ago, while I was always working a lot and tried to save some money to go on exchange. I think to me it was easy to save money and when you do this for a longer time, it should be easy to go abroad, even to go to an expensive country as Sweden.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
Super easy and well done by Stockholm University! The courses were spoken in English and super easy understandable. Interesting cases and with a theatre course I took part in, we also went to theatres, performances and had some talks and tours. I really liked this course. With one of my film courses we also watched lots of films, in the cinema! This was also super nice. Two of the courses I took were master courses, while I am still in my bachelor. I could notice the difference cause I had to do more work but it was also still possible to do them and now, afterwards, I also got my credits for these ones. Teachers were good with orginazing and the whole organisational staff super quick with replying (still now) and I really appreciated this.

academic quality of education activities
<p>Interesting cases which we discuss during the lectures and seminars. I could also notice that the level of the master courses was higher, but was still ok for me. Furthermore we got lots of freedom for the papers we needed to write, which was actually really nice. I actually had the feeling that the academic level was slightly higher, but also the teaching was really good so there was no problem with this level for the understanding of the subjects and I really appreciated this type of level and education.</p>
counselling & support at receiving university abroad
<p>In the beginning of the semester there was an introduction week with lots of super cool activities and also lots of information. This was super nice and also super interesting and important to me. In this first week, especially because of the offered activities, I also met most of my super nice friends. Also these presentations and informations the university gave to us was afterwards easy to find online. When we had questions, you could also easily send emails which were quickly replied. And I really liked the person of Stockholm University who was responsible for me. I could always email him, come by and he always replied quick, with enough information and was a nice person anyways.</p>
transfer of credits
<p>Don't know yet how this will work out, but I guess it will be fine. Stockholm sent quickly this transcript of records with all the necessary information. They also have sent it twice so I could keep one and give the other one to my university, which was really nice and smart!</p>

STUDENT LIFE
welcome & orientation programme
<p>Really liked the orientation programme. They were offering nice activities, like IKEA tour so you could do shopping for your room. Also tours on the campus, library and this kind of stuff which was good so you could get to know this. Furthermore there was a day of information which was interesting and they told lots of necessary information which you could use. Besides this, they also offered fika (coffee with something sweet), breakfast and games so you could easily make friends. For me this turned out pretty good cause in two days I actually met most of the people I spend my whole 5 months with and with who I did nice things, trips and travelling.</p>
accommodation
<p>Was difficult to find something.. I applied for the student rooms, but there were not that many so I couldn't get one. After this I started looking by social media (mainly facebook) and made use of blocked (a website, comparable to marktplaats). This was not easy and to me also difficult to speak to people about rooms while not seeing the room in real life and also not meeting the persons. So I didn't know if it could trust them. Stockholm is also really expensive to find accommodation, which was a pity. In the end I was super happy with the room I found and where I lived these months, so it turned out well for me! But have to admit that it was quite stressful and difficult.</p>
leisure & culture
<p>The Swedish culture was after some while a kind of weird to me. I thought Swedish people were a bit closed which I didn't expect. Also didn't make that many Swedish friends which I was hoping for. Besides, I also thought that they were really drinking a lot and getting super wasted in the weekends. But besides this, they were always really helpful on every place and also could speak English very well. The fact that I didn't make Swedish friends was ok, because I had really nice other friends (lots of Germans!). In my weekends and holidays it was also super cool to explore the rest of Sweden and see some of the Swedish wonders and other cultures,</p>

than only the ones in Stockholm. This was super nice and also easy to organize. There were also some student organisations who organized trips which I took part in.

suggestions/tips

Try to start looking for an accommodation as soon as you know you are going to Stockholm and can't get one of the studentrooms. Another nice tip and solution for this is to stay some time in a hostel and start looking for (roommates) and rooms and houses in this way. Also lots of people did this and found nice places. What I also really should recommend is to see something of the country and travel to other cities and part of Sweden and not only see Stockholm, this is so enriching! Finland and Russia are closeby too, so also nice to go there! And at last, HAVE FUN! I also really enjoyed my time cause I was less stressed and did super nice stuff and explored so much things which were new to me!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes! The university offers lots of nice and interesting courses for exchange students. They offer Swedish for international students too so you can learn Swedish if you want to. The English of the education was super good but also all the Swedish people speak English very well. The city is super beautiful and way different with it's nature, culture and wheather than Utrecht or Netherlands and it is also easy to organize some trips to other cities, part of Sweden (Lapland and see the northern ligths!) and other countries!

do you have any additional advice or comments?

Try to save some money, cause Sweden is expensive. Especially, ask you friends and family who come over to bring alcohol! Start searching for rooms quit in time. If you have any questions, you can always ask Stockholm University or the person who is responsible for you at Stockholm University. Most of the time they are quick with replying and will always try to help you.

Report 3

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Media and culture

destination city & country	Stockholm, Sweden
name university abroad	Stockholm University
start date	16 / 01 / 2017 (dd/mm/yyyy)
end date	04 / 06 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION

exchange application process

The application process can be a though one. I think I struggled most with the orientation fase, since I had no clear view of the courses that I could follow. It really helps to contact the universities. This is actually one of the reasons why I immediately liked Stockholm University; their website was one of the most clearest and they answered my email within a few days. I felt welcome and helped straight away. This is not the case for all

universities, some won't even answer you. I was also pretty afraid that I would oversee something since there is a lot to take care of before you leave (lot of different documents and autographs). I made a list for myself with the deadlines, that really helped.
counselling & support at Utrecht University
This was really good. They replied my emails really fast and I didn't feel ashamed to ask anything. If you're stuck in the process, they are happy to help.
academic preparation
I didn't really do any extra academic preparation and it wasn't needed either.
language preparation
All my courses were in English, so beside the obligatory language test for the grand I didn't do any language preparation. You get used to speaking English all the time really fast and if you're insecure about your English just remember that it's a strange language for most exchange students.
finances
For me, it really helped to make the financial plan that you have to hand in with your application. It is really nice to save up some money before you go so you can take trips and everything. I spend about 1.500 euro extra and I was really happy that I had that saved.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I really enjoyed the two courses I took. In the beginning it can be hard, I had no clue what they expected from me. But the teachers were really nice and considerate of the fact that I was an exchange student. I had only one course at a time, both for 15 ECTS. This was a really nice planning. I could focus on one course and I wasn't drowning in homework. The courses were both pretty free and focussed on your own thoughtprocess, instead of just academic articles. I really enjoyed it because it gave me the freedom to work out my own theories. It's a nice change from what I was used to in Utrecht.
academic quality of education activities
I would say the academic quality is comparable to Utrecht. I think teachers are less strict in grading, but the lectures and course readings are pretty similar.
counselling & support at receiving university abroad
As I said before, Stockholm University was super helpful in the beginning. They answer their email fast and are always ready to help out.
transfer of credits

STUDENT LIFE
welcome & orientation programme
There was one day of orientation, which was very helpful. Further on in the week there were a bunch of activities to make you familiar with the campus and with the other exchange students. There is enough to do if you're interested, but it's not obligatory. This is really nice, because you meet a lot of people in a short time.
accommodation

I lived at Lappis Campus and I absolutely loved it. It has the perfect location; 2 min from university, you have an amazing forrest and beach as a backyard, and you're in the city center in 10-15 min by subway (tunnelbana). It is really nice to have your own bathroom, but I liked the shared kitchen too. My corridor was really private and we didn't hang out (I only saw the others in the kitchen sometimes). This was actually not that bad as I thought, because almost all of my friends lived in Lappis too, so there was always company anyway. And, especially in the first few weeks, it was kind of nice to have some alone time every now and then. Other then that there are some great corridor parties, a nice pizzaplace and a (super expensive) supermarket within 2 min from your house. I would absolutely recommend Lappis!
leisure & culture
There is so much to do in Stockholm, you cannot get bored. Because I followed courses at the Culture and Esthetics department I got a greencard. This gave me free entrance or big discounts at the theatre, opera, and a lot of musea and expositions. And there are some really nice ones! Other then that, me and my friends did a lot of beautiful hikes (there are quite some national parks close to Stockholm) or bikerides. Also we explored nightlife in Södermalm, there are a lot of cool clubs there. Stockholm is the kind of city that keeps surprising you with nice area's, events, markets, etc.
suggestions/tips
Keep exploring the surroundings! Go to Tyresta (national park), Sigtuna (oldest Swedish town), explore all the Islands of Stockholm, Hornstull market, Under Bron (awesome outdoor club under a bridge), go kayaking, go to the archipelago, go to the sauna and dip in the lake at Hellasgarden, etc. I can go on and on, there is so much to do. And if you get tired of Stockholm; go to Uppsala for a day for example. What you should also definatelly do: take trips with Scanbalt (a student travel association). I went with them to Swedish lapland and Norway and both trips were absolutely amazing.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would abslutely recommend it. Even though the winter was long, I have had such a good time here with so many nice people. It was amazing to explore a country that I didn't know a lot about (I have only visited Sweden once before). Stockholm has so much to offer and it has been awesome exploring that.	
do you have any additional advice or comments?	
If you go in august: bring a sleepmask, if you go in january: bring vitamine D pills.	

Report 4

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Linguistics

destination city & country	Stockholm, Sweden
name university abroad	Stockholm University
start date	16 / 01 / 2017 (dd/mm/yyyy)
end date	05 / 06 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	I was in a special application process so I can't say too much about the general process, but I think the information about where to upload what document and when could be better organized. Osiris is not really user friendly in the sense that it isn't always up to date. However, I think the information meetings were generally useful.
counselling & support at Utrecht University	I was always guided very well by Utrecht University's international office. They always answered quickly and helped me with any question I had.
academic preparation	My programme at UU prepared me well enough for the courses I were to take in Stockholm, so I didn't need extra academic preparation.
language preparation	I didn't take a Swedish language course before I went to Stockholm, but I think it would have been nice. Stockholm University offers good Swedish courses on different levels, so prior knowledge of Swedish could have gotten me further and more proficient.
finances	I had some savings and I highly recommend having a good amount of money before moving to Sweden. I made a financial plan that I didn't really stick to, but life in Sweden is very expensive so it is good to be prepared.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I was very disappointed by the number of courses taught in English at bachelor level in my field. I ended up doing a master's course and some Swedish courses. I found the topics of the courses interesting, but the actual content in the lectures was somewhat disappointing. The courses could have been more interactive and more structured.
academic quality of education activities	Comparable to UU
counselling & support at receiving university abroad	The organization at Stockholm University is all decentralized and my institute was small and very supportive. Stockholm University also has a Student Information Desk that offers help.
transfer of credits	I am not quite sure how the grades will be transferred, but SU works with the same ECTS system.

STUDENT LIFE	
welcome & orientation programme	We were invited to a very well organized welcoming meeting the very first day. In this meeting they provided all useful information and a fair with all unions and clubs that international students can join. The university's student union offers many events in the first weeks to create a community and to meet other students.
accommodation	

I was lucky to be accommodated on the biggest campus, close to the university. My room was big, with a private bathroom and shared kitchen/livingroom. The room was in good condition and it was easy and free to have the landlord repair things that were not functioning well. I think the rent was fair too and it was convenient to live so close to most of my friends, that lived on the same campus.

leisure & culture

Stockholm has both nature and culture: there are many natural reserves, hiking routes, forest, islands and big lakes around that are easy to reach. The city itself has a great variety of museums (that are sometimes for free) and hosts many big events. In winter time, there were different film festivals almost every week. Going out for food or drinks is expensive, but there are many different great places to explore. In winter time, it is easy and nice to visit the museums and have coffees, in summer time there are many parks and rocks where Stockholmers bring their food and drinks to.

suggestions/tips

It is impossible not to visit some of the smaller islands in Stockholm's archipelago. Also, I found biking a nice way to get to know the city better. In summer months, students can use the city bikes with great discount.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I wouldn't recommend bachelor students of linguistics without knowledge of Swedish to apply for this university. However, there are many interesting courses in the fields of media, sociology, politics and gender that could serve as a minor. Although I was not too positive about the academic depth of the courses I took, I did really enjoy the student life and the culture and nature that Stockholm had to offer. I

do you have any additional advice or comments?

Any student that moves to Sweden should keep in mind that it is even more expensive than you might think, because you might adopt your lifestyle to the exchange student style: you will want to explore the city and the surroundings much more than you do back home. I would advise everyone to make sure you have enough savings, so you don't have to miss out on too many things.